AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

LISTING OF CLAIMS:

1-41. (cancelled)

42. (previously presented) A method for ~~the treatment of unipolar depression or depression-related disorders or the prevention of unipolar depression in a person suffering from psychosis, disturbance of personality, loss of a relative, hormonal changes, neurological disorders,~~ treating a person having a vascular disorder, wherein said person has or is at risk of developing unipolar depression comprising administering orally to ~~a~~ said person ~~in need thereof~~ a preparation ~~which contains at least the following~~ comprising:

a) long chain polyunsaturated fatty acids comprising ω-3 and ω-6 fatty acids, in an amount of at least 350 mg per day;

b) a mixture of phospholipids comprising phosphatidylcholine and phosphatidylethanolamine and at least one of phosphatidylserine and phosphatidylinositol, wherein said phospholipids are in a ratio of phosphatidylcholine and phosphatidylethanolamine to phosphatidylserine and phosphatidylinositol is between 0.5:1 and 20:1 (wt/wt), and

c) at least one compound which is a factor in methionine metabolism, selected from the group consisting of folate, vitamin B12, vitamin B6, magnesium and zinc.

43. (previously presented) The method according to claim 42, wherein the preparation further comprises at least one of hypericin and extract of Withania somnifera.

44. (previously presented) The method according to claim 42, further comprising administering citrate in an amount of 0.5 to 30 g per day.

45. (previously presented) The method according to claim 42, wherein the preparation further comprises tryptophan, or a protein containing tryptophan.

46. (previously presented) The method according to claim 42, wherein the ω-3 fatty acids are selected from the group consisting of eicosapentaenoic acid and docosahexaenoic acid and the ω-6 fatty acids are selected from the group consisting of arachidonic acid and dihomogammalinolenic acid.

47. (previously presented) The method according to claim 42, wherein c) contains at least folate and vitamin B6.

48. (previously presented) The method according to claim 42, wherein the preparation further comprises at least one member selected from SAMe, choline, betaine and copper.

49. (previously presented) The method according to claim 42, further comprising administering zinc and copper,

wherein the weight ratio of zinc to copper is between 5:1 and 12:1.

50. (previously presented) The method according to claim 42, wherein the preparation further comprises at least one member selected from the group consisting of carnitine, vitamin B1, vitamin B5 and coenzyme Q10.

51. (previously presented) The method according to claim 42, wherein the preparation further comprises at least one antioxidant selected from vitamin C, vitamin E, lipoic acid, selenium salt and carotenoids.

52. (previously presented) The method according to claim 42, wherein the preparation further comprises an extract of ginkgo biloba.

53. (previously presented) The method according to claim 42, wherein the preparation further comprises vitamin D.

54. (previously presented) The method according to claim 42, wherein the preparation comprises folate, citrate, at least one of hypericin and extract of Withania somnifera, and wherein the method comprises administering the preparation in an amount which provides a daily dose of:

at least 120 mg of long chain polyunsaturated fatty acids;

at least 200 mg phospholipids;

at least 200 µg folate;

at least one of at least 0.1 mg hypericin and at least 100 mg extract of Withania somnifera and

at least 500 mg citrate.

55. (currently amended) A method for ~~the treatment of unipolar depression or depression-related disorders or the prevention of unipolar depression in a person suffering from psychosis, disturbance of personality, loss of a relative, hormonal changes, neurological disorders,~~ treating a person having a vascular disorder, wherein said person has or is at risk of developing unipolar depression comprising administering orally to ~~a~~ said person in need thereof a preparation ~~which contains at least the following~~ comprising:

a) long chain polyunsaturated fatty acids comprising ω-3 and ω-6 fatty acids in an amount of at least 350 mg per day, wherein the ω-3 fatty acids comprise eicosapentaenoic acid and docosahexaenoic acid and the ω-6 fatty acids comprise at least one of arachidonic acid and dihomogammalinolenic acid, and wherein said ω-3 and ω-6 fatty acids are in a ratio of eicosapentaenoic acid and docosahexaenoic acid to arachidonic acid and dihomogammalinolenic acid between 2.5:1 and 5.5:1 (wt/wt);

b) at least two different phospholipids selected from the group consisting of phosphatidylserine, phosphatidylinositol, phosphatidylcholine and phosphatidylethanolamine, and

c) at least one compound which is a factor in methionine

metabolism, selected from the group consisting of folate, vitamin B12, vitamin B6, magnesium and zinc.

56. (previously presented) The method according to claim 55, wherein the preparation comprises eicospentaenoic acid, docosahexaenoic acid, arachidonic acid, magnesium, zinc, vitamin B6 and vitamin B12 and wherein the method comprises administering the preparation in an amount which provides a daily dose of:

at least 20 mg eicosapentaenoic acid;

at least 50 mg docosahexaenoic acid;

at least 50 mg arachidonic acid;

at least 200 mg phospholipids;

at least 200 µg folate;

at least one of at least 0.2 mg hypericin and at least 500 mg Withania somnifera extract;

at least 100 mg magnesium;

at least 5 mg zinc;

at least 2 mg vitamin B6;

at least 2 µg vitamin B12; and

at least 1.0 g citrate.

57. (currently amended) A method for ~~the treatment of unipolar depression or depression-related disorders or the prevention of unipolar depression in a person suffering from psychosis, disturbance of personality, loss of a relative, hormonal changes, neurological disorders,~~ treating a person having a vascular disorder, wherein said person has or is at risk of

developing unipolar depression comprising administering orally to ~~a~~ said person in need thereof a preparation ~~which contains at least the following~~ comprising:

a) long chain polyunsaturated fatty acids comprising ω-3 and ω-6 fatty acids in an amount of at least 350 mg per day;

b) at least two different phospholipids selected from the group consisting of phosphatidylserine, phosphatidylinositol, phosphatidylcholine and phosphatidylethanolamine;

c) at least one compound which is a factor in methionine metabolism, selected from the group consisting of folate, vitamin B12, vitamin B6, magnesium and zinc, and

d) vitamin D3 in an amount between 4 and 40 µg per day.

58. (previously presented) The method of claim 42, further comprising administering phospholipids in an amount of at least 1 g per day.

59. (currently amended) A method for ~~the treatment of depression or depression-related disorders in a person suffering from or at risk of suffering from said depression or depression-related disorders, comprising administering orally to said person at least the following:~~ treating unipolar depression, comprising administering to a person in need thereof an effective amount of a preparation comprising:

a) long chain polyunsaturated fatty acids comprising ω-3 and ω-6 fatty acids, in an amount of at least 350 mg per day;

b) a mixture of phospholipids comprising phosphatidylcholine and phosphatidylethanolamine and at least one of phosphatidylserine and phosphatidylinositol, and

c) at least one compound which is a factor in methionine metabolism, selected from the group consisting of folate, vitamin B12, vitamin B6, magnesium and zinc.

60. (previously presented) The method according to claim 59, wherein said phospholipids are in a ratio of phosphatidylcholine and phosphatidylethanolamine to phosphatidylserine and phosphatidylinositol of 0.5-20:1 (wt/wt).